



Spinach-Ravioli Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz alfredo sauce
- ☐ 6 oz baby spinach fresh washed
- ☐ 8 servings garnishes: basil fresh chopped
- ☐ 25 oz cheese-filled ravioli frozen thaw (do not)
- ☐ 4 oz six-cheese blend shredded italian
- ☐ 0.3 cup pesto sauce refrigerated
- ☐ 0.3 cup vegetable broth

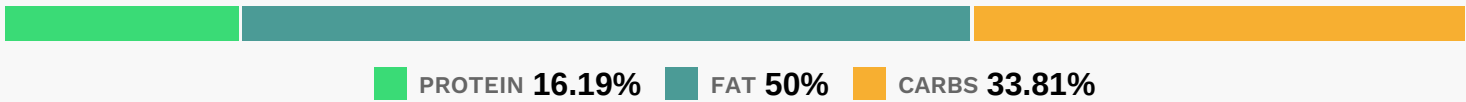
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Chop spinach, and toss with pesto in a medium bowl.
- ☐ Combine Alfredo sauce and vegetable broth. Spoon one-third of alfredo sauce mixture (about 1/2 cup) into a lightly greased 2-qt. or 11- x 7-inch baking dish. Top with half of spinach mixture. Arrange half of ravioli in a single layer over spinach mixture. Repeat layers once. Top with remaining Alfredo sauce.
- ☐ Bake at 375 for 30 minutes.
- ☐ Remove from oven, and sprinkle with shredded cheese.
- ☐ Bake 5 minutes or until hot and bubbly.
- ☐ Garnish, if desired.
- ☐ *Chicken broth may be substituted.
- ☐ Note: For testing purposes only, we used Santa Barbara Original Basil Pesto and Bertolli Alfredo Sauce.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:13.41, Inflammation Score:-8, Nutrition Score:11.92565213079%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 481.9kcal (24.1%), Fat: 26.64g (40.99%), Saturated Fat: 9.07g (56.66%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 37.33g (13.58%), Sugar: 3.11g (3.46%), Cholesterol: 86.37mg (28.79%), Sodium: 1073.67mg

(46.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Vitamin K: 111µg (105.71%), Iron: 9.95mg (55.27%), Vitamin A: 2323.2IU (46.46%), Fiber: 3.2g (12.8%), Manganese: 0.21mg (10.68%), Folate: 42.61µg (10.65%), Calcium: 87.29mg (8.73%), Vitamin C: 6.33mg (7.68%), Magnesium: 18.08mg (4.52%), Potassium: 124.54mg (3.56%), Vitamin E: 0.45mg (2.98%), Vitamin B2: 0.04mg (2.45%), Vitamin B6: 0.04mg (2.23%), Copper: 0.04mg (1.77%), Phosphorus: 11.54mg (1.15%), Vitamin B1: 0.02mg (1.15%)